

### ABSTRACT

An apparatus that moves a jumping element. The apparatus includes a motorized hub that is attached to a housing. The hub can rotate a jumping element, such as a jump rope, about a horizontal axis and/or a vertical axis. The hub is connected to a motor that is controlled by a timer. A player can select a time interval that establishes the activation time of the motor. The apparatus includes an indicator that may provide an indication of the time interval. The indicator may be an LED that indicates the numerical value of the time interval. The apparatus may also have an indicator that provides an indication of when the motor is to be activated, so that the player can be in position when the hub begins to rotate the rope.